

Utah's

5 A Day



Recipe Contest Cookbook 2004



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* Winning Recipes

Breakfast



1st Place Breakfast Item

Very Berry Pancake Topping



By James Katoa

Spanish Oaks Elementary Grade 4

Teacher: Mrs. Johnson

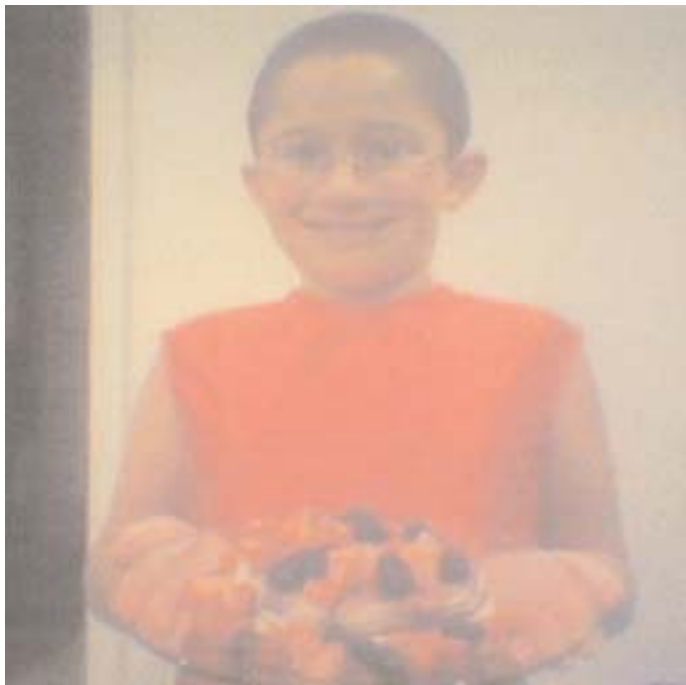


Ingredients:

4 Cups Berries of your choice (fresh berries taste best but frozen ones will do).
About 1-4 Tablespoons Sugar (optional).

Directions:

For fresh berries, wash, stem, and cut into bite sized pieces. For frozen berries, thaw and cut into bite sized pieces. Put berries into a bowl, sprinkle on how much sugar you want and stir it in. Spoon onto warm pancakes and enjoy.



Brilliant Breakfast

By Matt Huntsman

Spanish Oaks Elementary Grade 4

Ingredients:

Shaped Pancakes (Christmas tree and Turtle shapes)

Cream Cheese

Food Coloring

1 Stalk Celery

1 Green Apple

Raisins

Directions:

Make pancake shapes. Add food coloring to the batter if you like. Let them cool. Put green food coloring in the cream cheese. Spread green cream cheese on the pancakes. Slice celery. Cut apple in fourths and core. Use one fourth of apple to cut middle hexagon or octagon for turtle. Cut triangle ends off of the other three fourths. Cut the apples in half. Decorate the turtle with the apple shapes. Use raisins for the feet and eyes. Decorate the Christmas tree with celery. Use raisins for the star and trunk. Eat your Brilliant Breakfast.

Strawberry Waffle Stix

By Madison McMurdie

Spanish Oaks Elementary Grade 4

Ingredients:

4 Cups Bisquick Original Baking Mix

1 3/4 Cups Milk

2 Eggs

2 Tablespoons Dry Vanilla Jell-O Mix

2 Tablespoons Sugar

1 teaspoon Vanilla

16 Ounces Frozen Strawberries

1/3 Cup Milk

Directions:

Blend 16 ounces frozen strawberries in a blender with 1/3 cup milk. Heat up waffle or waffle stick maker. Mix all ingredients but strawberries in a bowl with a hand mixer. Next add strawberries and stir in with a spoon or mixer. Pour into any waffle stix maker and follow waffle maker directions.

Snack



1st Place Snack Item

Sunny Summer Delight



By Elizabeth Swan

Spanish Oaks Elementary Grade 4

Teacher: Mrs. Johnson



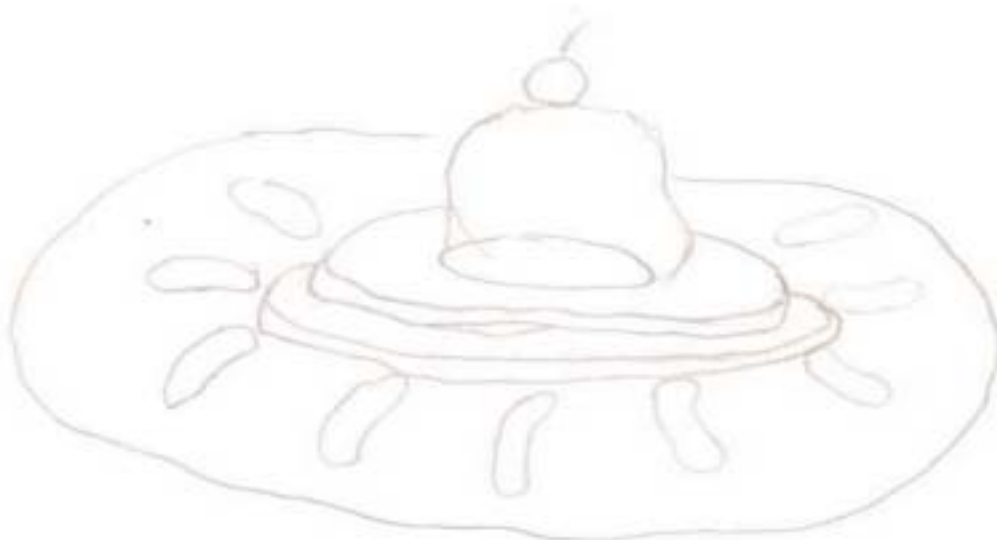
Ingredients:

- 1 Orange
- 1 Can of Pineapple Rings
- 1 Carton Cool Whip
- 1 Maraschino Cherry



Directions:

Stack two pineapple rings in the center of a plate. Peel oranges and put their segments around the edge of the plate and around the pineapples. Put a scoop of whipped cream on top of the pineapple rings. Then add the cherry on top.



A Healthy Pizza

By Amanda Pike

Spanish Oaks Elementary Grade 4

Ingredients:

Small Frozen Cheese Pizza

Pineapple Chunks

Slice of Turkey, cut into small squares

Directions:

First, you take the pizza out of the package. (Don't throw away instructions!). Then you place the pineapple chunks and the turkey squares and place them on the pizza. Using the instructions on the pizza package you cook the pizza as directed.

Try any variety of fruit or vegetable that is your favorite on your pizza. This is mine. I hope you enjoy!!

Chunky Monkey Snack Treat

By Allison Baker

Spanish Oaks Elementary Grade 4

Ingredients:

1/2 Cup Peanut Butter

1/2 Cup Honey

1/8 Cup Coconut

1/4 Cup Cereal

2 Bananas

Directions:

Mix peanut butter, honey, coconut, and cereal. Stir until all mixed together. Spread on bananas and eat it all up.

Fruit Pie

By Blake Burns

Butler Elementary Grade 2

Ingredients:

1 Mini Graham Cracker Crust
4 oz. Fat Free Yogurt with Fruit
Fresh Fruit

Directions:

Pour yogurt into crust. Put fresh fruit on top. (We used berry yogurt with frozen raspberries).

Maria's Mexican Cookies

By Shai Miguel

Crestview Elementary Grade 2

Ingredients:

5 or 6 Cookies
Strawberry Jelly
Cajeta (Mexican Product) or Sweetened Condensed Milk
1 Flat Plate

Directions:

For this recipe, you are creating a flower with the ingredients. Put a small amount of jelly in the center of the plate. Arrange cookies around the jelly to look like a flower. Use Cajeta or sweetened condensed milk for the stem of the flower. It will seem like a flower.

Spinach - My Way

By Megan Czech

Grandview Elementary Grade 4

Ingredients:

2 Bags or Bunches of Fresh Spinach
1/2 Medium Onion, Finely Chopped
1/2 Stick Butter
1 teaspoon Salt

1 teaspoon Pepper
1 Clove Garlic, crushed or minced
2 Eggs, beaten

Directions:

In a large pan, boil spinach in water for 1/2 hour. Drain really well. Chop spinach into smaller pieces. Put spinach back into pan and reheat over medium heat. Stir in onion, garlic, butter, salt, a pepper. Cook until onion is tender. Add egg and cook, stirring constantly until egg is cooked. Serve. Great healthy snack or as a side dish.

Volvano Eruption Nachos

By McKayla Harmer

Spanish Oaks Elementary Grade 4

Ingredients:

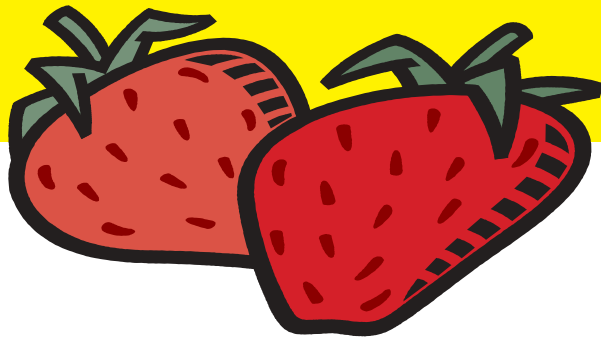
1 Can Refried Beans
1 Can Black Olives
1/4 Cup Salsa
1/2 Cup Grated Cheese

Tortilla Chips
Sour Cream (optional)
Guacamole (optional)

Directions:

Spread beans around plate, put grated cheese in center of plate, and place tortilla chips on top of cheese. Heat in microwave two minutes or until hot. Garnish with olives and salsa. Add sour cream and guacamole if desired.

Dessert



1st Place Dessert Item

Super Sundae Surprise



By Paige Asay

Spanish Oaks Elementary Grade 4

Teacher: Mrs. Johnson



Ingredients:

1 Cup Vanilla Yogurt

Sliced Strawberries

Mandarin Orange Segments

1 Sliced Banana

1 teaspoon Brown Sugar

Any other favorite fruit may be used

Directions:

Place the yogurt into a bowl. Sprinkle with brown sugar. Place strawberries, mandarin oranges, bananas, or other fruit of your choice on top. Enjoy!



Apple Cake

By Blake Burns

Butler Elementary Grade 2

Ingredients:

1 Yellow Cake Mix
1 Cup of Applesauce
Dried Apples

Directions:

Mix cake mix and applesauce. Pour into 13 x 9 cake pan. Place dried apples on top of mix. Bake according to directions on mix.

Austin's Flakey Dessert

By Austin Peterson

Spanish Oaks Elementary Grade 4

Ingredients:

2/3 Can Grape Juice Concentrate
1 Banana
1 Apple
Raisin Bran

Directions:

Blend grape juice, banana, and apple into a smoothie. Freeze 1/2 of smoothie in ice tray overnight, the other 1/2 put in the fridge. IN the morning dip frozen smoothie cubes into liquid smoothie, then dip in raisin bran.

Kaylee's Recipe

By Kaylee Nelson

Spanish Oaks Elementary Grade 4

Ingredients:

Any Sugar Free Jell-O Pudding Mix

Crush 1 Cup Chocolate Cereal

Fat Free Whipped Cream

2 Bananas, sliced

Directions:

Make pudding according to manufacturer's directions. Spoon 1 Tbls. pudding into a cup. Sprinkle crushed cereal over the pudding. Add banana slices on top of cereal. Add one Tbls fat free whipped topping. Repeat again starting with the pudding until the cup is filled.

Salad



1st Place Salad Item

Yum-Yum Salad



By Brooklyn Frisby
Park Elementary Grade 3
Teacher: Mrs. Farrer



Ingredients:

2 Apples (1 Red, 1 Yellow), cut into pieces
1 Sliced Banana
1 Cup Pineapple Chunks
1/2 of a Small Watermelon
3 Pears, peeled and cut into medium pieces
1/4 Cup Coconut
1/4 Cup of Tropical Fruit Juice



Directions:

Scoop the watermelon out with a spoon. Save the watermelon shell. Cut the watermelon (the red part) into medium pieces. Mix everything in a large bowl, then pour into the watermelon shell. Enjoy!



By Brooklyn Frisby

Creamy Fruit Delight

By Breann Jo Loveless

Spanish Oaks Elementary Grade 4

Ingredients:

2 Apples

3 Bananas

25 to 30 Medium Grapes

25 to 30 Strawberries

1 Large Tub of Cool Whip

1/2 Small Package of Jell-O of your choice,
unprepared (I like cherry)

1 Large Tub of Low Fat Cottage Cheese

Directions:

Cut up the apples, bananas, grapes, and strawberries. Put fruit in a large mixing bowl. Add the cool whip & cottage cheese. Mix in with the fruit. Add the Jell-O powder and mix well. Chill until served.

Crunchy Salad

By Taylor Bracken

Sandstone Elementary Grade 3

Ingredients:

Chop-up lettuce or buy a package of salad (I like Spring Mix)

1 Cup or more of Broccoli Cole Slaw (If you can't find this at the grocery store, shred broccoli stalks and carrots with some shredded red cabbage for color).

1 Handful of Sliced Almonds

1 Handful or more of Chow Mein Noodles

Breaded Chicken Breast Sticks or Grilled Chicken (Optional, to make it a dinner entree),

Honey Dijon Dressing

Directions:

Put all ingredients in a big bowl or divide up into small dinner bowls. So good, and takes only 5 minutes or less to prepare.

Main Dish



1st Place Main Dish Item

Austin's Veggie Meal Surprise



By Austin Peterson

Spanish Oaks Elementary Grade 4

Teacher: Mrs. Johnson



Ingredients:

Cauliflower

Carrots

Sunflower Seeds

Cucumber

Ranch Dressing

Broccoli



Directions:

Chop all vegetables in a chopper or with a knife. Peel cucumber, then cut lengthwise and scrape out seeds. Fill cucumber with ranch dressing, vegetables, and top with sunflower seeds. And eat!



Broccoli Cauliflower Ranch Casserole

By Alauna Bastian
Central Elementary Grade 1

Ingredients:

2 Cups Broccoli, peeled and cut	1 Envelope Dry Ranch Dressing Mix
1 1/2 Cups Cauliflower Florets	2-3 Tablespoons Flour
1 Cup Mini Carrots, cut the long way	1 teaspoon Seasoned Salt
1 1/2 Cups Low Fat Milk	2 Cups Grated Cheddar Cheese

Directions:

Preheat oven to 375. Boil all vegetables about 4 minutes until tender. In 8 x 8 square casserole dish combine milk, ranch dressing mix, flour and seasoned salt. Beat with wire whisk until smooth. Stir in cooked vegetables. Top with grated cheese. Bake at 375 for 15-20 minutes until cheese melts and sauce is thick and bubbly. Serves 5.

Chicken Casserole

By Raquel Quintana
Crestview Elementary Grade 5

Ingredients:

2 Chicken Breasts	1/2 Cup Celery
2 Cups Fresh Cauliflower	1 Can Cream of Chicken Soup
2 Cups Fresh Broccoli	1 Cup Minute Rice
1 Cup Fresh Carrots	1/2 Cup Sour Cream

Directions:

Boil chicken. Cook then chop. Chop carrots, cauliflower, broccoli, celery. Mix all ingredients in bowl. Add all ingredients to casserole dish. Cover with tinfoil. Bake at 375 degrees for 60 minutes.

McKay's Taco Soup

By McKay Sainsbury

Spanish Oaks Elementary Grade 4

Ingredients:

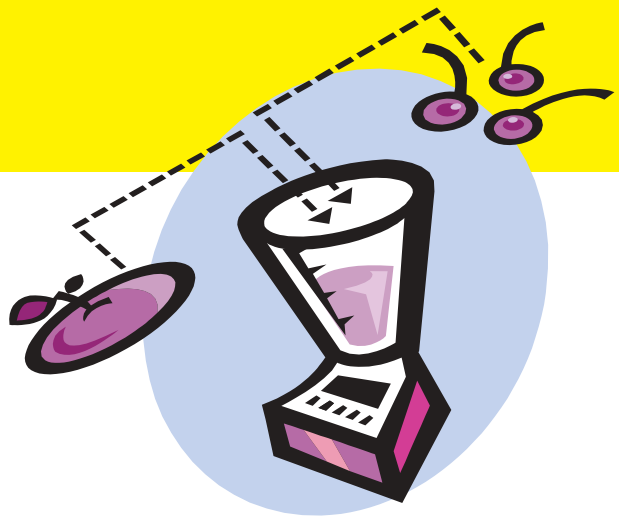
1 Large Crock Pot or Stew Pot	1 Cup Pace Medium Picante Sauce
1 Pound Hamburger	1 Can of Stewed Tomatoes
Salt	1 Can Tomato Soup
Pepper	1 Can of Alphabet Vegetable Soup
1 Onion, diced	1 Can Beef Broth
1 Can or 1/2 Pound of Frozen or Fresh Corn	Sour Cream (optional)
1 Can or 1/2 Pound of Frozen or Fresh Green Beans	Shredded Cheese (optional)
1 Can Red Kidney Beans	Fritos Corn Chips (optional)

Directions:

Cook 1 pound of hamburger (drained) with salt and pepper or seasoned salt with 1 onion (diced). Put hamburger and onion in pot and add remaining ingredients up to sour cream. If using frozen or fresh vegs, add a little water to be able to stir freely. Cook all day on low heat, stirring occasionally: Serve with small spoon of sour cream on top, shredded cheese, and/or Fritos corn chips!

This recipe supplies vegetables, protein, carbohydrates, dairy, is low in fats, high fiber, vitamins, minerals.

Smoothie



1st Place Smoothie Item

Ultimate Xtreme Tripod Smoothie



By Ivan Brooks
Spanish Oaks Elementary
Teacher: Mrs. Johnson



Ingredients:

6 Apricots
1 Pear
3 1/2 Peaches
1/2 Cup Apricot Juice
1/2 Cup Pear Juice
1/2 Cup Peach Juice



Directions:

The Ultimate Xtreme Tripod Smoothie is a great, energy, healthy, and delicious smoothie. It contains 6 apricots, 1 pear, and 3 and a half peaches. It also contains 4 ounces of apricot juice and another 4 ounces of pear juice also 4 ounces of peach juice. People are eating healthy around the world!



Austin's Smoothie Delight

By Austin Peterson

Spanish Oaks Elementary Grade 4

Ingredients:

Half Can Orange Juice

1/4 Cup V8

Whole Banana

3/4 Liquid Yogurt

5/6 of Apple

Directions:

First get the 3/4 cup liquid yogurt and pour it in an ice tray. Then leave it in the freezer all night. In the morning make a smoothie using the orange juice, the banana, and the apple. Then blend for 15 seconds on low then 15 seconds on high. Serve with 1 yogurt cube for ever 1/3 of cup.

Berry Blast Smoothy

By Ty Henry

Spanish Oaks Elementary Grade 4

Ingredients:

1 Frozen Banana

1/2 Cup Frozen Mixed Berrys

1 (8 oz.) Container of Vanilla Yogurt

1/2 Cup Milk

Directions:

Put in a blender for one minute and have a berry good smoothy!!!

Fruity Swirl

By Matt Hunstman

Spanish Oaks Elementary Grade 4

Ingredients:

20 Grapes

3 Slices of Pineapple

4 Cubes Ice

1/4 Cup of Milk

1 Banana

1 Grapefruit

1 Orange

2 Tablespoons of Sugar Free Jell-O

Directions:

Put everything in the blender and blend. Pour in a cup and drink!

McKay's Smoothie

By McKay Sainsbury

Spanish Oaks Elementary Grade 4

Ingredients:

1 Apple

1 Banana

5 Ice Cubes

3 Cups of Milk

Directions:

This delicious, Five-A-Day smoothie twist contains: one apple, one banana, five ice cubes, and three cups of milk.

Mushy Goofy Smoothie

By Kyle Thompson

Spanish Oaks Elementary Grade 4

Ingredients:

1 Can (11 oz.) of Manadrin Oranges
16 Ice Cubes
1 Apple, cored, peeled
2 Bananas, peeled
12 oz. Orange Juice Concentrate
20 oz. Pineapple Chunks

Directions:

Blend all ingredients in a blender. Enjoy!

Smoothie

By Kayla Peterson

Crestview Elementary Grade 5

Ingredients:

3 Scoops of Strawberry Ice Cream
Milk (Doesn't matter how much)
4 Strawberries, cut up

Directions:

It's really easy! All you do is put 3 medium scoops of strawberry low fat ice cream, 4 cut up strawberries in tiny pieces and however much milk you want. It depends on how thick you want it. A lot of milk if you want it really thin and a little bit of milk if you want it very thick. Hope you enjoy your delicious smoothies!

Wild Razzle Dazzle Fruit Smoothie

By Jensen Williams

Spanish Oaks Elementary Grade 4

Ingredients:

6 oz. Strawberry Kiwi Yogurt
2 Tablespoons Frozen Orange Juice
1 Tablespoon Fruit Drink Mix
1 Cup Raspberry Ice Cream
1 Banana
1 Cup Milk
5 Ice Cubes

Directions:

Blend all ingredients in the blender. Enjoy!



Creative



1st Place Creative Item

Sensational Swamp Surprise



By Brook Norris

Spanish Oaks Elementary Grade 4

Teacher: Mrs. Johnson



Ingredients:

Avocado

1 Tablespoon Mayonnaise

5-10 Grape Tomatoes

1 45 oz. Container of Wheat Grass

1 Bag of Carrots for Logs

Celery for Alligators

Cauliflower for little Bunnies

Broccoli for Trees

Head of Lettuce for Swamp

1 Handful of Pistachios

Directions:

Cut avocado in half and take seed out of avocado and smash in bowl.

Then mix mayonnaise with avocado.

You are ready to build the swamp.

Build the Swamp:

Place lettuce on the side of the pan for ground. Set wheat grass next to the lettuce. Put avocado mixture next to the lettuce and on the base of the pan. Place veggies into the avocado mixture and arrange in a creative way.

How to Eat the Swamp:

Dip the bunnies (cauliflower), alligators (celery), logs (carrots), swamp grass (wheat grass), tomatoes (flowers) and trees (broccoli) into the swamp (avocado mixture) and enjoy!



Jensen's Recipe

By Jensen Williams

Spanish Oaks Elementary Grade 4

Directions:

- 1) Take the celery, put peanut butter in it.
- 2) Take the celery, pile it on top of each other for the log.
- 3) Take the peanut butter and spread it on the top and the side of the log.
- 4) Take an apple for the ant hill, slice it in to 8 pieces.
- 5) Place the apple into a circle, then take about 6 marshmallows, melt them and spread them around the apple.
- 6) Crush graham crackers and sprinkle them around the ant hill so it looks like dirt.
- 7) Take a large carrot and cut in half, slice it into little pieces to make the ants (put them anywhere)
- 8) Take a banana and cut little pieces and put them on top of the ants (so it looks like the ants are carrying food on their backs)
- 9) Use more crushed graham crackers to spread around for dirt.

Bon Apetit!!

Kaden's Recipe

By Kaden Squire

Spanish Oaks Elementary Grade 4

Ingredients:

Cherry Tomatoes

Potato

Beans

Artichoke

Avacado

Asparagus

Broccoli

Bay Leaves

Wheat Grass

Directions:

Refer to picture below to assemble your beach scene.



We Found the Jackpot!

By Michael Silva

Spanish Oaks Elementary Grade 4

Ingredients:

1 Can of Corn	A Pie Dish
1 Big Carrot	A Can of Olives
Four Hot Dog Buns	Toothpicks
A Spoon	A Stalk of Celery

Directions:

Open the can of corn and strain all of the juice into a sink. Then dump all of the corn into the pie dish. Spread the corn around in the pie dish. Rip (or cut) hot dog buns in half. When you are done only use three of the cut in half buns. Cut the carrot in half (the long way) twice. Then cut those so that you have twelve skinnier, shorter carrot pieces. Then get three olives out of the can and set them next to the carrots. Get three toothpicks out of the box and cut them in half and stick them into the olives horizontally. Then stick the other side of the toothpick in the round part of the hot dog bun. Then put the carrot pieces into the bun like arms and legs. Then you can put olives around in the pie dish for stones and cut up celery for logs.